



Congregate Lunch Café

May 2019

Lunch is served at 12:00 noon, Monday – Friday in the Nevada City Senior Apartments – 841 Old Tunnel Road, Grass Valley

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 When you see this salt shaker, it indicates the meal is higher in sodium.		 When you see this Happy Star, it indicates a new menu item.		1 Stir Fry Chicken Stir Fry Veggies Green Salad Sliced Peaches Asian Brown Rice <hr/> 12:30 Hawaiian Dance by Kaia		2 Macaroni & Cheese California Veggies Green Salad Jell-O & Fruit Cocktail <hr/> 1:00 HICAP (by appt)		3 Turkey Chili Green Salad w/Tomato Mixed Berries Cornbread <hr/> 1:15 Bingo	
6 Chicken Curry Peas & Carrots Citrus Cup Brown Rice Pilaf Tapioca Pudding		7 Fiesta Wrap California Veggies Green Salad Sliced Peaches <hr/> 1:00 Pinochle		8 Baked Ham  Sliced Zucchini Green Salad Lebanese Fruit Salad Mashed Sweet Potatoes 11:15 Blood Pressure Chk. 12:30 Tad Kitada		9 Chicken Fajitas Fajita Veggies Diced Cantaloupe Flour Tortilla		10 Broccoli Beef Green Salad Pears Asian Brown Rice <hr/> 1:15 Bingo	
13 Spring Frittata O'Brien Potatoes Green Salad Sliced Pears WW Dinner Roll		14 Chicken Salad Citrus Cup Pita Pocket Chocolate Pudding <hr/> 1:00 Pinochle		15 Beef Soft Taco Chuck Wagon Corn Banana Pinto Beans <hr/> 12:30 Carol Meals		16 Meat Loaf Broccoli Green Salad Peaches w/Yogurt Smashed Red Potatoes WW Dinner Roll		17 Crunchy Hawaiian Chicken Wrap Carrot Raisin Salad Tropical Fruit <hr/> 1:15 Bingo	
20 Lemon Pepper Fish Spinach Asian Coleslaw Tropical Mango Salsa Barley Casserole		21 Beef Shepherd's Pie Green Salad Mixed Berries WW Dinner Roll <hr/> 1:00 Pinochle		22 Finger Lickin Chicken Sliced Zucchini Smashed Red Potato w/Gravy Strawberries & Bananas WW Dinner Roll <hr/> 12:30 Magician Peter Franchino		23 Meatless Cheese Ravioli Italian Green Beans Green Salad Citrus Cup Garlic Breadstick <hr/> 1:00 HICAP (by appt)		24 Cube Steak w/Mushroom Sauce Asparagus Green Salad Mandarins & Strawberries Plain Breadstick <hr/> 1:15 Bingo	
27 CLOSED MEMORIAL DAY 		28 Chicken Supreme Peas & Carrots Green Salad w/Mandarins <hr/> 1:00 Pinochle		29 Tunisian Meatballs Capri Veggies Green Salad w/Tomato Lebanese Fruit Salad Brown Rice Pilaf Butterscotch Pudding <hr/> 12:30 Birthday Celebration		30 Chef Salad Diced Cantaloupe Garlic Breadstick		31 Quiche Asparagus Green Salad w/Tomato Sliced Peaches WW Dinner Roll <hr/> 1:15 Bingo	

Suggested voluntary contribution is \$3.00 for individuals 60 years of age and over.
 \$7.00 fee for guests 59 years of age or younger.
 For more information or to make a reservation, please call 530-273-4961

This program is supported by:

